

BENEFITS NEWS

An Information Publication for State of California Employees

State Employee Heart Walk

The American Heart Association (AHA) will be holding the 8th Annual State Employee Heart Walk and Wellness Fair on Thursday, September 18, from 11:30 a.m. to 1:30 p.m. on the West Steps of the State Capitol in Sacramento.

This event, sponsored jointly by AHA and the State of California, Department of Personnel Administration (DPA), gives State employees an opportunity to participate in a fitness activity and support the American Heart Association's work to fight our nation's number-one killer, heart disease. Participants are sponsored to walk one mile around Capitol Park to raise funds for the AHA.

The wellness fair will feature a live band and a variety of entertainment to get everyone's toes tapping, healthy delicious treats, physical activity demonstrations, along with some great health screenings and a wide range of health-related material. Health plan representatives will also be at the event to answer questions and provide open enrollment information.

All departments are encouraged to participate in this event. Now is the time to start recruiting your Department Heart Walk Team Leader and Team Captains! The AHA kick-off breakfast will be June 19 at the Hyatt Regency from 7:30am-9:00am. It is recommended that all Team Leaders and their Team Captains attend this informative meeting.

Why Your Department Should Participate

Heart disease causes more U.S. deaths than the seven other leading causes of death combined. Over 2,600 Americans die of cardiovascular disease daily, an average of one death every 33 seconds.

Someone has a stroke every 45 seconds and 1 in 4 adults has high blood pressure. The State Employee Heart Walk and Wellness Fair helps increase heart health awareness and provides education about heart disease. It also encourages walking as a beneficial physical activity. By supporting this event, departments will be helping employees take steps toward leading an active and healthy life.

A volunteer Team Leader is needed from each department to promote the event and recruit Team Captains and walkers. Volunteers in the Sacramento area should contact Jeannie Howell of the American Heart Association at 446-6505 or Jeannie.Howell@heart.org for more information on the walk and these roles. Jeannie can arrange an orientation and rally for your department so you can get started as soon as possible.

Departments outside of the Sacramento area may contact their local American Heart Association Corporate Events Director for information about events or opportunities in their area.

If you have any questions regarding participation in this event, please contact Terri Skondin, Statewide Health Promotion Program Manager at the Department of Personnel Administration, at (916) 324-9398 or TerriSkondin@dpa.ca.gov.



Take Good Care of Your Heart

Cardiovascular disease and stroke are our nation's number-one killer. Every day more than 95% of those who suffer a sudden cardiac arrest die before ever reaching the hospital. We can all help improve the odds of victims of cardiac arrest by knowing what to do in an emergency. Everyone is encouraged to be prepared for cardiac emergencies by learning the warning signs of a heart attack and by knowing CPR.

You can lower your risk of heart attack and stroke by keeping your blood pressure in check. To help keep blood pressure down watch salt intake, drink less alcohol, quit smoking, lose excess pounds and get regular exercise.

To keep your heart healthy and help with your physical fitness goals, the DPA Statewide Health Promotion Program has contacted several health clubs and fitness centers throughout California to arrange discounts for State employees.

To find out which clubs offer State employees reduced rates for enrollment or monthly dues, go to the California WorksWell Health Promotion Program Web site at www.dpa.ca.gov/benefits/health/wellness/wellmain.shtm.



For More Information

DPA Benefits Division
(916) 322-0300

Dental Program
(916) 324-0525

Drug Testing Program
(916) 324-9386

**Employee Assistance Program
MHN (Managed Health Network)**
1-866-327-4762

FlexElect Program
(916) 327-6429

**Group Legal Services Plan
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Group Term Life Insurance Plan
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Health Promotion Program
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www.sppforu.com

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State-Owned Housing Program
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**Travel & Relocation and
Vanpool Programs**
(916) 324-0526

Vision Service Plan
1-800-877-7195

**Workers' Compensation
Program**
(916) 445-9792

DPA Fax Numbers

Benefits Division
(916) 322-3769

Savings Plus Program
(916) 327-1885

Internet Address

www.dpa.ca.gov